

Water Supply.

Good water - good sanitary quality.
1) Physical inspection
2) sanitary survey of watershed
3) clinical tests.

Polluted - organic waste of animal or vegetable origin.

Infected - specific micro-organisms of human disease.

Surface w. - polluted - bacteria

Well w. - poisonous wastes from mines etc.

Diseases - typhoid, dysentery, ear & eye inf. respiratory & venereal diseases.

Pure water decreases disease.

Testing - 1) no. of bacteria
2) no. of disease germs.

Purification - 1) chemical - chlorine, ozone, rays.
2) physical - boiled, rapid filters
3) biological - gravel, slow filters.
4) strange + distillation.

Individual means - 1) boiling
2) chlorination.

Chlorination - chloride of lime } to water.
chloride tablets }

- 2 drops to bucket of water

- 1 tsp. c. of lime - water - paste.

add 1 cup water + 3 cups water

- 1 tsp. - 2 gals. water - 10 min.

Camp - chlorination.

Wells - high level.

- 100' from house + toilet.
- sides waterproof.
- top of well 18" above ground.
- around top - shield of concrete or brick - prevents leakage, rats - dug or drilled best.

Contamination - bricks, wooden top, splashing from pump, rainwater.

Springs - protected from washings above.
- should spring from loam or soil not clay or rock.

City supply - chlorination, filtration.

Filtration - Boxes of sand + gravel.

- bacteria sticks to bacteria of sand.
- both killed by O_2 of water.
- sand removes suspended matter.
- alum coagulates impurities - goes to c. basin.
- 125' wide 300' long.
- sand 10' deep. gravel 3'.
- bed slopes down.

Cleaned - Current of water up - while incoming water shut off. Wastes + is sent to sewer.

City rules - residence, sewage, septic tanks - air + sunlight used.

Pumps - water under pressure. galvanized iron tanks.

● Swimming pools.

- 1) Chlorination.
- 2) Filtration.
- 3) Replacement of clean water.
- 4) Removal of all water from tank every 2 months.

Inspected -

- 1) Bacterial count.
- 2) Chlorination test.
- 3) Water analysis.
- 4) Physical test - scum etc.

Regulations.

- 1) Water - pure by chlorination.
- 2) Pool lighted by sunlight & electric light.
- 3) No communicable diseased persons in pool.
- 4) Attendant on duty.
- 5) Cleanliness - 1) Through showers.
2) Soap & no suits.
- 6) Bathing caps.
- 7) Scum gutter - no spitting.
- 8) No visitors bringing in dirt.
- 9) No hankies cosmetics, cuts.
corn - plasters, bandages, abrasions.

Reduce govt control.

Yukon + N.W.T. also.

Rails, roads, boats, airports
+ ports, Indian reserves +
national parks,

Construction camps on govt projects.

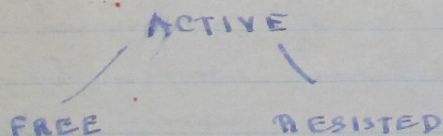
REMEMBRALS.

Remedials

- Remedials
- strengthen certain muscles.
 - mobilize certain joints.
 - given at 11 A.M.
 - no fatigue
 - digestion over.
 - if time is later, child takes before exercise.
 - have room attractive.
 - illustrations, keep checks, showing improvement.
 - costume should be backless.
 - bare feet, no stockings.
 - composed of anatomy, gymnastics & pathology.

Active movements

1. - free - no assistance but gravity.
2. Resisted - resisted by operator.
 - patient resists movement by operator.



CONCENTRIC MUSCLE ACTION

- muscles which work short
- origin & insertion come together

ECCENTRIC MUSCLE ACTION

- muscles used (prevent movement) lengthen - origin & insertion move away. (resistance) (outside free)

1
If movement adduction, abductors work eccentrically.

If movement flexion, extensors work eccentrically.

Eccentrics - used for work of muscles.

STATIC MUSCLE ACTION.

- muscle in state of tone - working.
- length remains the same.
- occurs when muscle is held in position.

Range of movement.

Inner Range.

Outer Range

Whole Range - no. of degrees of movement or amt. of movement which occurs when the muscle producing (resisting) works from its longest to shortest stretch.

Inner Range - no. of degrees of movement which is produced when the muscle working, moves from its mid position to most contracted - or resists from most contracted to mid-position.

Outer Range - no. of degrees of mov. when muscle producing or resisting movement works from its most stretched pos. to half contraction.

2 from half contraction to most stretched.

Mobilizes joints & muscles. Whole -

Pass - shortens muscles (1/2 stretched muscles)

Anter - lengthens muscles.

Passive movements

Patient relaxed, someone else does movement.

relaxed movements

- patient comfortable, no muscle use. lying position.
- active mind, make it blank.
- cut out sensory impressions.
 - sight & sound.
- 1) - releases nervous tension.
 - chorea.
- 2) - mobilizes joints.
 - gently, rhythmically.
 - traction of joints & spine.

1) Grasp patient firmly

2) Localize movement - isolate to 1 joint.

3)

Posture

Postural defects - muscles + ligaments
Structural defects - bones + joints.

Upright posture - maintains by static
muscle action - skeletal static action.
- controlled by motor nerves.
- "all or none law"
- unconscious, reflex action.

Reflex action - motor response to a
sensory impulse, without intervention
from the brain.

Static action

- muscles receive sensations from
eye, ear, etc. & from brain &
cerebellum.
- maintenance of posture due to reflex
actions - no fatigue.

What causes bad posture

- explain post. posturo to children.
- 1) - mental attitude
 - lessening of vitality, (depression)
- 2) - defect in hearing, sight.
- 3) - reflexes have become bad habits
- 4) - position of joint surfaces -
 peculiarities. (ex) head of humerus
 out of line.
- 5) - lumbar-sacro articulation -
 angle differs
- 6) - clothes worn - ill-fitting.

Seldom caused by nervous disease.

Upright posture

- sideways, patient
should have normal
curves.

- CERVICAL

- DORSAL

- LUMBAR

- SACRAL

Line of - ant. falls through

center of skull

lobe of ear

acromion process

great trochanter

head of fibula

in front of internal malleolus.

Round Shoulders

Explain exercise to patient.

Mirror good.

Good posture must be kept all the time.
If patient very poor - give lying + sitting
exercises first - posture is worked
up gradually.

Order of exercises

Breathing

Arm

Legs

Head

Mobility, Trunk

Back

Abdomen

Arm

Legs

Breathing



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